

GLENWOOD 50+ CENTER

February 2022



**2400 Route 97
Cooksville, MD. 21723
(410) 313-5440**

Center Email
glenwood50@
howardcountymd.gov

Monday - Friday
8:30 am - 4:30 pm

50+Center Hotline
410-313-5400

GO50+Hours
Mon - Sat: 7 am - 9 pm
Sun: 9 am - 6 pm

Newsletters Online
[https://
www.howardcountymd.gov/
glenwood-50-center](https://www.howardcountymd.gov/glenwood-50-center)

Volunteer Website
www.hocovolunteer.org

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Howard County
50+ CENTERS
Enrichment. Engagement. Connection. Growth.

Welcome back! The 50+ Centers will resume in-person programming and classes starting Tuesday, February 1.

- Most 50+ Center group programs, classes, events and drop-in activities will resume.
- The Connections Social Day Program at Ellicott City will resume effective February 1st.
- Feel free to call the center on 410.313.5440 to check the status of a specific program or to withdraw from a class.
- The indoor mask mandate remains in effect for all Howard County buildings and facilities. Stay COVID safe: Get vaccinated, wear a mask, keep your distance, wash your hands and get tested.

Pickleball is back on Tuesdays, Thursdays and Fridays.

Remember Fridays are geared towards new players and beginner level players. An orientation is provided each Friday for the first 30 minutes. We provide paddles, nets and balls. To set up an appointment to play, call 410.313.5440.

On Thursdays, we are kicking off an open games time at 12:30 pm. Bring any game or make a request of a game and come meet up for socialization and a little competition.



Join us for a fun and easy Valentine DIY on February 11th. Create a lovely gift for free. Just bring in a small empty jar.

We look forward to seeing you soon.

Regina - Cathy - Chris - Evan

GENERAL INFORMATION

50+ Center Staff

Regina Jenkins Director

rjenkins@howardcountymd.gov
410-313-5443

Chris Ferraro, Registrar

cferraro@howardcountymd.gov
410-313-5440

Evan Larkin, Utility Worker

elarkin@howardcountymd.gov
410-313-4836

Cathy Burkett, Assistant Director

cburkett@howardcountymd.gov
410-313-4832

Membership Registration

Membership to Howard County 50+ Center is required to attend or register for any class, program or activity. It is free for those age 50+ who have completed an application packet. Regardless of where one registers, membership is valid at all Howard County 50+ Centers. Membership renewal may require a new form and completed waiver. Prior to on-line registration, please check with the Front Desk to assure that your membership is current.

Please inform the Front Desk if there have been any changes to your address, phone number or your emergency contact information.

Glenwood 50+ Center Council

President: Laurel Gafke

Vice President: Bernadette Roussel

Secretary: Linda Deffinbaugh

Treasurer: Gary Gafke

Members at Large:

Annette Dill	Bea Dane
Joel Goodman	Willie Hill
Toni Matthews	

Sign-Up & Payment For Programs & Classes

Payments for programs and classes can be made via cash, credit card or a check made payable to Howard County Director of Finance. Online registration can be done via the ActiveNet website: <http://apm.activecommunities.com/howardcounty>. Account must be established prior to registering for class.

Class Withdrawal Policy

We recognize that there are times when you may need to withdraw from a class. All refund requests are subject to a 20% administrative fee and there are no refunds for missed classes. Additional fees may be assessed to recover costs associated with the program.

Newsletter

Would you like your newsletter delivered to your inbox? Just click link below.

[CONSTANT CONTACT SIGN UP](#)

ADJUSTED HOURS OR CENTER CLOSURES

Monday, February 21, Presidents Day

NOTE: Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors.

FEBRUARY AT A GLANCE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 8:45 Hatha Yoga 9 Walking Group 9 Pinochle 9:45 Chair Yoga 12 Pickleball 12:45 Line Dancing	2 9 Basketball 9 Walking Group 10 Open Studio 10 Fire Prevention 12 Bridge 12:30 Line Dance B 1:30 Line Dance I	3 MAP Resource 9 Walking Group 9 Hatha Yoga 9 Reflexology 10:15 Chair Yoga 12 Pickleball 12:30 Mahjong 12:30 Open Games	4 8:15 Hatha 1-2 9 Basketball 9 Walking Group 9 Pinochle 9 Yoga & Meditation 9:30 Pilates 12 Pickleball 1 Flex, Stretch, Move
7 9 Basketball 9 Walking Group 10 Open Studio 11 Prime Time 12 Bridge 12:30 Line Dancing 1:30 Line Dancing	8 8:45 Hatha Yoga 9 Walking Group 9 Pinochle 9:45 Chair Yoga 12 Pickleball 12:45 Line Dancing	9 9 Basketball 9 Walking Group 10 Open Studio 10 iPhone, iPad 10 Nutrition Consults 11 Prime Time 12 Bridge	10 9 Walking Group 9 Hatha Yoga 9 Reflexology 10:15 Chair Yoga 12 Pickleball 12:30 Mahjong 12:30 Open Games 1 Book Club 2 Iris Paper Folding	11 8:15 Hatha 1-2 9 Basketball 9 Walking Group 9 Pinochle 9 Yoga & Meditation 9:30 Pilates 10 Valentine DIY 12 Pickleball 1 Flex, Stretch, Move
14 9 Basketball 9 Walking Group 10 Open Studio 11 Prime Time 12 Bridge 12:30 Line Dancing 1:30 Line Dancing	15 8:45 Hatha Yoga 9 Walking Group 9 Pinochle 9:45 Chair Yoga 12 Pickleball 12:45 Line Dancing	16 9 Basketball 9 Walking Group 10 Open Studio 11 Prime Time 12 Bridge 12:30 Line Dance B 1:30 Line Dance I	17 9 Walking Group 9 Hatha Yoga 9 Reflexology 10:15 Chair Yoga 12 Pickleball 12:30 Mahjong 12:30 Open Games	18 8:15 Hatha 1-2 9 Basketball 9 Walking Group 9 Pinochle 9 Yoga & Meditation 9:30 Pilates 12 Pickleball 12 Movie: Lincoln 1 Flex, Stretch, Move
21 Closed Presidents Day 	22 8:45 Hatha Yoga 9 Walking Group 9 Pinochle 9:45 Chair Yoga 12 Pickleball 12:45 Line Dancing	23 9 Basketball 9 Walking Group 10 Open Studio 11 Prime Time 12 Bridge 12:30 Line Dance B 1 Bead Stringing 1:30 Line Dance I	24 9 Walking Group 9 Hatha Yoga 9 Reflexology 10:15 Chair Yoga 12 Pickleball 12:30 Mahjong 12:30 Open Games	25 8:15 Hatha 1-2 9 Basketball 9 Walking Group 9 Pinochle 9 Yoga & Meditation 9:30 Pilates 12 Pickleball 1 Flex, Stretch, Move
28 9 Basketball 9 Walking Group 10 Open Studio 11 Prime Time 12 Bridge 12:30 Line Dancing 1:30 Line Dancing		Blue = Hybrid Red = Virtual Password for Virtual Programs is New50+	Line Dancing I - Intermediate B - Beginners	

ONGOING PROGRAMS

Open Studio: Arts & Crafts

Mondays, Wednesdays, 10 am - noon

Are you working on any crafts at home?
Painting, knitting, crocheting, jewelry
making, or paper crafts. Come join us!

#A03523.600

Bridge-Open Play (Duplicate)

Wednesdays, 12 noon - 4 pm

Cost: \$2

Must register at front desk.

Billiards and Table Tennis

Monday - Friday 9 - 3 pm

Walking Group

Monday - Friday 9 - 10 am

Basketball

**Mondays, Wednesdays, Fridays
9 - 11 am**

Pinochle

**Tuesdays, Fridays
9 - 4 pm**

Pinochle is a classic two-player game
developed in the United States, and it
is one of the country's most popular
games. #A03736.600

Glenwood Book Club

Every 6 weeks

Thursday, February 10 1 pm

See page 6

Mahjong

**Thursdays
12:30 - 4 pm**

#A03737.600

Open Games

**Thursdays
12:30 - 4 pm**

#A03757.600

Nutrition Consultation

2nd Wednesdays, 10 am

Wednesday, January 12, 10 am

Registered dietician, Carmen Roberts is
available to consult individually with
members. Call the front desk to make an
appointment.

#A03438.600

Pickleball

Tuesdays and Thursdays 12 - 2:30 pm

Limited Enrollment

Open play for adults 50+. Players rotate play
using the paint stick method. Participants
can register for one or multiple dates in a
given month.

Cost: \$2.50 per day

Pickleball Beginner Level

Fridays 12 - 2:30 pm

Limited Enrollment

This program is for beginners. There will be a
30 minute orientation at 12 pm each Friday.
No instruction. Registration and rotation same
as Tuesdays and Thursdays.

Cost: \$2.50 per day.

Maryland Access Point

Thursdays

Emily Leclercq, Resource Specialist with the
Office on Aging and Independence will be
available by appointment. She can assist
you in navigating aging services now and in
the future. To make an appointment to meet
with Emily in person at Glenwood please call
her at 410-313-5917.

#A03705.600

Reflexology

Thursdays, 9 am - 2 pm by appointment

Linda Deffinbaugh will be on site 1 day a
week to provide reflexology services. Please
call the front desk to make an appointment.

Cost: \$30 for 1/2 hour \$60 for 1 hour

#A03704.600

EVENTS AND PROGRAMS

iPad, iPhone Workshop

Wednesday, February 9, 10 am

Volunteer and center member Mike will provide you with the help you need with your Apple device. Great for anyone looking to master their Apple products. Call front desk to register but drop ins are welcome. Instructor: Mike Vecera

Cost: Free #A03730.601

Book Club

Thursday, February 10, 1 pm

Join the Glenwood Book Club for their book selection ***The Princess Diarist***, by Carrie Fisher. The discussion will be led by Bernadette. Click link Below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m900be730813aaa3c3e80c594e102fe04>

Meeting #2308 436 6093

Password: New50+

#A03620.601

Iris Paper Folding

Thursday, February 10, 2 pm



Iris Paper folding is a technique achieved by layering strips of paper (or fabric) in a spiral pattern to resemble the iris of a camera lens. We will use this technique to make a card.

Materials needed: plain, decorative, and colored paper, cardstock, scissors, paper trimmer, tape. Email if you would like the template before class, cburkett@howardcountymd.gov

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m0c4139cc56db4a612ada3243f74e05cb>

Meeting # 2307 222 8120

Password: New50+

#A03500.600

Valentines Day DIY

Friday, February 11, 10 am

Bring a small empty jar to use to create this fun and easy gift for your Valentine. We will paint the lid, add a cute knob and fill with treats.

Cost: Free #A03500.601



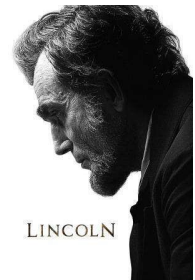
Presidents Day Movie

Friday, February 18, 12 pm

Join us and enjoy a movie together about this famous president. The movie is

Lincoln - PG 13, 2 hours 13 min.

Cost: \$1 #A03700.600



Bead Stringing with Cathy

Wednesday, February 23, 1 pm

Join Cathy to learn the basics of Bead stringing . We will using glass beads, pearls, crimps, and stringing wire to create a beautiful necklace.

Cost: \$15 #A03500.603

Americans with Disabilities Act Accommodations

To request this document in an alternate format, or to request an accommodation to participate in a program/event, contact the Center at 410-313-0380 at least two weeks prior to the event. People with a speech or hearing disability may contact us through Maryland Relay by dialing 7-1-1.

AARP TAX AIDE PROGRAM

AARP and the IRS are sponsoring free personal Federal and Maryland Income tax preparation. Appointments will be held at the **Glenwood 50+ Center on Mondays and Thursdays** from 9 am - 2 pm. This service is by appointment only.

All preparers and volunteers have received IRS approved training and certification in tax preparation. This service is available to middle and low income tax payers with special emphasis for those 60 and older. Self-employment returns with more than \$5K in expenses or very complex returns are not eligible for this service. Each appointment is for one single or joint return.

- ☐ Bring Social Security cards for anyone listed on your return.
- ☐ Bring 2020 state and federal tax returns.
- ☐ Bring 2021 tax records with you.
- ☐ If you had investment transactions during 2021, be sure to bring the purchase cost for those transactions.

To set up a tax appointment, please call **443-741-1220**. You will need to leave a message, Include your name, telephone number and specify the location where you would like to have your appointment. A scheduler will call you back to confirm the date and time. To make an appointment online, google **AARP TAX AIDE LOCATOR**.

For all other tax questions, call AARP directly at **888-227-7669**.

INCLEMENT WEATHER POLICY

50+ Centers co-located with Recreation and Park Facilities at Gary J. Arthur and North Laurel Community Center will follow Recreation and Parks operating procedures as it relates to inclement weather:

If Howard County Public Schools are delayed or closed, **Glenwood 50+ Center and North Laurel 50+ Center** operating procedures is as follows:

1-hour school delay – will strive to open at 9:30am.

2-hour school delay – will strive to open at 10:30am. All classes and programs scheduled before 11am are canceled.

Schools closed –will strive to open by 10:30am. All classes and programs are canceled.

EXERCISE AND FITNESS

Hatha Yoga

Tuesdays, 8:45 am #A03447.600

Cost: \$36 for 6 classes

Thursdays, 9 am #A03448.600

Cost: \$42 for 7 classes

The practice of Hatha Yoga can help with greater flexibility and strength, as well as relaxation. This class includes slow paced stretching.

Instructor: Mary Garratt

Flex, Stretch and Move

Fridays, 1 pm

#A03440.600

Cost: \$24 for 6 classes

Improve flexibility, coordination, strength and balance. Focus on strengthening muscles and connective tissue as well as improving joint mobility. Class offers both seated and standing options. Bring a mat to place under your chair.

Instructor: Bev Ludwig

EXERCISE AND FITNESS

Chair Yoga

Tuesdays, 9:45 am #A03445.600

Cost: \$36 for 6 classes

Thursdays, 10:15 am #A03446.600

Cost: \$42 for 7 classes

Through creativity and modifications, everyone can do yoga with a chair. In this gentle/beginner's level class, yoga poses are done seated in a chair or standing using the chair as a prop for support and stability. Reap the benefits of greater flexibility, increased energy, improved memory and clarity, better concentration, and improved overall health.

Instructor: Mary Garratt

Pilates

Fridays, 9:30 am #A03430.600

Cost: \$24 for 4 classes

Pilates is an exercise program emphasizing core stability, balance, and abdominal strength. It is based on 34 basic movements that are performed on a mat. Pilates supports a healthy back and invigorates overall fitness. This class is open to all fitness levels and modifications are available.

Instructor: Bob McDowell

Yoga & Meditation

Fridays, 9 - 10:15 am #A03401.600

New Class

\$24 for 4 classes

Using yoga postures with mindful breathing, build strength and flexibility. In this 75 minute class. End with a relaxing meditation to calm the mind and body.

Prime Time

Mondays, Wednesdays #A03478.600
11am

Cost: \$64 for 16 classes

A class focusing on functional fitness for everyday living. Have fun getting fit and strong and improve your range of motion and balance. Tone your major muscle groups with both seated and standing exercises. Instructor will show modifications for a seated option.

Instructor: Marianne Larkin

Line Dancing Open Studio Beginners

Mondays, 12:30 - 1:30 pm #A03400.601

Line Dancing Open Studio Intermediate

Mondays, 1:30 - 2:30 pm #A03400.602

Cost: \$5 per month

Open to all beginners to practice with others of the same skill level. Volunteer led.

Line Dancing Open Studio Advanced

Tuesdays, 12:45 - 2:30 pm

Cost: \$5 per month

This is open to all beyond beginners to practice with others of the same skill level. Volunteer led.

#A03400.606

Line Dancing Instruction Beginner

Wednesdays, 12:30 pm #A03475.604

Cost: \$54 for 9 weeks

Dancing is great exercise and fun. Learn the basics. Please wear leather soled shoes.

Instructor: Sandy Garrish

Line Dancing Instruction Intermediate

Wednesdays, 1:30 pm #A03474.605

Cost: \$54 for 9 weeks

Expand your knowledge of popular line dances. Line dancing is one of the most fun dances you can do anywhere, and you do not need a partner!

Instructor: Sandy Garrish